

RAYMOND

The Centre of South-
ern Alberta's Great
Sugar Beet Industry.

Raymond Recorder



RAYMOND

Where the prize-winn-
ing Baby Beef of Alb-
erta are finished on
alfalfa, grain and beet
by-products.

Volume 34

Friday, January 29, 1937

Number 44

Terrible Blizzard Last Saturday Night

NEWS NOTES

After all the storms of varying velocity, accompanied by a great deal of severe weather and miles and miles of wind the blizzard king took a big whirl Saturday night last, when after snowing from 4 p.m. until 7:30, the north wind and the fall of snow increased, and throughout the night, the wind moaned and drove the snow into great drifts, blocking every foot of road that had been opened and swirling into doorways, etc., until citizens Sunday morning had to dig themselves out of the drifts. Sunday, however, was calm and fairly warm, and the afternoon was bright with sunshine.

Because of the continued drifting an estimate of the total of the winter's snow fall locally is difficult, but most people think there must have been about 3 feet by the present time if it were on the level. Coulees and every low place is drifted full of packed snow, almost as hard as ice, and when melting starts the entire countryside will be a series of miniature lakes and brooks. A Chinook with a few weeks of mild weather would be about the most welcome thing that could arrive just now. Feed is going to be scarce indeed if the severe weather keeps up very many more weeks.

The cold weather has even stopped the ice harvest. The men say that when it so cold if you happen to drop a block of ice it will break right in two.

Herman Trelle, perpetual winner in wheat classes at Fairs and Exhibitions, is withdrawing from the Provincial field to give others a better chance. He is however continuing in the national and international shows. He has offered seed to young farmers who want to exhibit and says he is willing to give any advice he is asked for.

ALBERTA ROAD PROGRAM GIVES WORK FOR 400

The winter work program for single unemployed men, financed by the Dominion and Provincial governments, is resulting in much highway improvement.

On the Jasper highway some 200 men have been employed. They are distributed in three camps, these being at Marlboro, Evansburg and Galloway. During the winter these camps will be devoted mainly to rock removal so that the highway should be in good shape for graveling of the various sections next spring. By next summer, at the time the tourist season hits its heaviest volume, there should be a first-class all-weather highway to Jasper.

Also of interest was the assurance given to a delegation from the Edmonton branch of the Alberta Motor Association by Hon. W. A. F. How, Minister of Public Works, that improvements will be made this year to the bad spots on the Peace River highway in the vicinity of Lesser Slave Lake. Some 40 miles will be graded and gravelled.

In the south there are 200 men on camp on the Crownsfoot highway, completing a project which was initiated by the Dominion government when it operated relief camps for single men, which were under the control of the Department of Defence.

Thus, it will be seen that there are hundreds of men engaged on highway construction under winter conditions, a harbinger for a big tourist trade in 1937.

Because of severe weather and the badly drifted roads, regular Stake Priesthood Meeting will not convene on Sunday. Board meetings will be held Sunday, Feb. 7th, at 1:30 p.m. in Magrath, in connection with Quarterly Conference which will be held there Feb. 6th and 7th.

Truman Holt accompanied a sleigh load of hogs to Lethbridge Wednesday, for sale at that point.

Army officials are warning people in the Southern States to prepare for higher water as streams are still rising in the higher areas.

Those in charge of the relief feed in the district are much sought after as the severe cold weather makes heavy feeding absolutely necessary.

John Hargrave, of England, technical adviser to the Alberta Government in framing their Social Credit program left for the East Wednesday stating that he could not further co-operate with the Government at Edmonton.

When a huge gasoline tank exploded and the oil set fire in Cincinnati, Ohio, it did damage to the extent of \$1,500,000, to add to the suffering and dismay of the city already ravaged by one of the worst floods it has ever witnessed.

Chas. Tweed, Lethbridge pilot, made a midnight mercy hop to Conrad, near Skiff, Monday night and took Mrs. Geo. Wesley to the hospital where an emergency operation was performed by Dr. Roy, and the next morning the patient was reported as doing fine.

Sam Dyson is seeking a set of stiffs for the old grey mare. Snow in the coulees near the pump house is getting so deep Sam can hardly get through and he says he needs a mining permit to get his coal which is buried under twelve feet of drifted snow.

It is reported that the tax on beet sugar imposed several years ago may be withdrawn. The tax at present is 1c. per pound, having been dropped from 2c. in 1935. Hon. Charles Dunning, Minister of Finance states that he will be glad to work for the removal of the tax provided the sugar beet growers get the benefit of the reduction in the tax.

A proposal that sounds very feasible is the opening of the road over Temple Hill and then north to Wilson, and on to Lethbridge. This snow has not been disturbed very much, and there would not be mountain high cuts filled with packed snow like the other route via Welling has. We hope that some of the roads are soon opened up so that traffic may be resumed and returned again to normal.

Comparisons Show Steady Progress In Town Finances

Secretary Snow has spent a great deal of time in arranging the following comparisons and figures in some matters of Town affairs and Finances. It is impossible to duplicate the layout of the sheet in the news columns, but we will endeavor to make them as concise and clear as possible for our readers:

TOWN AND SCHOOL TAX ARREARS OUTSTANDING

In 1931 outstanding arrears totalled \$82,944. Penalties added since; 1932 were \$7,470; 1933 \$8,864; 1934 penalties \$9,585; 1935 \$7,441; 1936 \$8,000. Making a total of arrears with penalties of \$124,304 had no decrease been made. The total however is \$117,997, showing that the old arrears have actually decreased \$6,307 dollars, when you add the penalties to the arrears. The present total of arrears and penalties stands at \$117,997.

TAX COLLECTIONS

In 1931 Town taxes collected were \$15,666; School Taxes, \$15,096; Business Tax \$3,315; Water Collections \$7,194. Total \$41,271.

In 1936 Town taxes collected were \$18,869; School Taxes \$21,565; Business Tax \$3,216; Water Collections \$8,703. Total \$52,353.

BANK ACCOUNTS AND INTEREST

In 1931 the Town ended the year owing to two banks then operating here \$39,167, and during that year the Town paid in bank interest \$2,737.

News Notes

E. P. Tanner of Magrath was in Raymond for awhile Wednesday on his way home from Lethbridge on the train.

The kids continue to keep the skating rink busy, and the mild days, (when we have one), results in large crowds there each afternoon and evening.

Don't forget the Ratepayers meeting tonight in the Town Hall at 8 p.m. Reports of all departments of Town government will be given by officials.

Friday and Saturday's Lethbridge Herald were landed here at 3 p.m. Saturday afternoon by Chas. Tweed of Lethbridge, and people were able to enjoy their wee-end papers although they didn't get their letters.

Jack, son of Mr. and Mrs. Bert Nilsson, was taken to Lethbridge on the train Sunday and was operated on for appendicitis Monday morning. Latest reports are that he is getting on fine.

On January 18th, the 25,000-000th Ford left the assembly line at the River Rouge plant of the Ford Motor Co., and Henry Ford with his son Edsel driving, took the new car into the nearby exhibition building for permanent exhibition.

Monday, next is Nomination day in Raymond. We have a Mayor, three Councilmen and two School Trustees to elect. In view of conditions which these bodies are facing, much thought should be put to the selection of candidates.

At December 31st, 1936 the Town owed the Bank nothing, had paid only \$575 in interest during the year, and had borrowed from other sources only \$1,911.00.

DEBENTURE STATEMENT SHOWS DECREASE

In 1931 the Town owed or Debentures \$44,576; now we owe \$44,450, a decrease of \$126 despite the fact that a \$14,000 debenture was sold in 1934 and added to the debenture total.

TAX LEVY AND COLLECTIONS

1921 Tax Levy, \$35,006; collections \$26,209, or 75 per cent. The school tax was not levied with the Town tax that year. Conditions that year were normal in almost every way.

1925 Tax Levy, \$46,539; collections \$37,764, or 80 per cent. Normal conditions prevailed.

1931 Tax Levy, \$56,466; collections \$34,077, or 68 per cent. The depression made itself felt that year.

1936 Tax Levy, \$50,483; collections \$43,650, or 68 per cent. Better prices prevailed but the crop was very poor.

RELIEF COSTS

In 1931 our relief cost us but \$2,169; in 1936 we paid \$5,696, an increase of \$3,527 in this one item.

WATER ACCOUNTS

Old Water Accounts in 1931 totalled \$3,517; in 1936 they were \$3,291, a decrease of \$226.

Payson Reunion Committees Re-organize

TAYLOR STAKE "M" MEN'S BASKETBALL LEAGUE

Jan. 23 — Raymond Second at Stirling.
Jan. 26 — Stirling at Raymond First.
Jan. 28 — Raymond First at Raymond Second.
Jan. 30 — Stirling at Raymond Second.
Feb. 2 — Raymond First at Stirling.
" 4 — Raymond Second at Raymond First.
" 6 — Raymond Second at Stirling.
" 9 — Stirling at Raymond First.
" 11 — Raymond First at Raymond Second.
" 13 — Stirling at Raymond Second.
" 16 — Raymond First at Stirling.
" 18 — Raymond Second at Raymond First.

The small movie machine which has been at the Schools for the past couple of weeks has been kept busy, and the students have been thrilled to see the films shown.

THE WORLD OF WHEAT

By H.G.L. Strange, Director, Research Department, Searle Grain Company, Limited

Canadian wheat in the long run is not paid for in money, but by the goods, commodities and services of foreign people.

Whenever, therefore, the flow of goods and products OUT of foreign countries declines, we may be quite sure that a corresponding decline will take place in the flow of Canadian and other wheats INTO those countries.

The League of Nations tells us that the export of goods and commodities from wheat importing countries has decreased during the depression years by about 30 per cent. The sale of wheat from Canada and other wheat exporting countries has also decreased by approximately 30 per cent. This, of course, is just what might be expected.

It is evident, therefore, that as the wheat importing countries of the world are able to sell more of their own goods, commodities and services, they will be able to purchase more Canadian and other export wheats.

It can be said, then, finally, that the welfare of the Western Canada farmers depends very much on the willingness of the nations of the world to buy each other's goods. Canada, of course, must do her full share of this buying from others if she is to increase her sales of wheat.

The following factors have tended to raise the price of wheat: Extraordinary bidding for Australian and Canadian wheat that is in store in Europe; countries apparently stocking up for possible war;—Drought threatening Chinese wheat crop;—Japan and Australia sign Trade Agreement;—Mild, rainy weather in France causes weed growth and vermin.

The following factors have tended to lower prices; Harvesting completed in Australia;—Clear weather facilitates movement of Argentine small grains;—Cora conditions favorable;—Indian wheat and flax seed crop conditions favorable;—Larger plantings of winter vegetables in Cuba, Mexico and Puerto Rico;—Larger exports of fresh pears from the U. S.

The Payson Reunion organization met Wednesday afternoon and reorganized for the forthcoming reunion and named the following executive:

President—D. M. Powelson.
Vice-Pres.—W. W. Depew.
Sec.-Treas.—Geo. Fairbanks.
Chairman of the various committees were named as follows:
Invitation—Chas. E. Fawcett.
Program—A. E. Hancock.
Refreshments—D.G. Selman.
Entertainment—Mrs. Orton J. Rolfsen.

Another meeting of the Executive will be held in about one month's time, and at that meeting the details of the reunion will be decided on.

NEWS NOTES

Those who have to travel are finding the mixed trains of the C. P. R. a great convenience and very acceptable these days.

D. L. Paxman was busy the first part of the week hauling pulp with a Caterpillar tractor and sleighs. Trucks were used as the way the snow has been drifting the past month.

Raging floods in the Southern States have made 700,000 people homeless and the property damage will run into many millions of dollars. No reports of loss of life have been made as yet. Relief agencies have been doing their best to cope with the terrible conditions, and President Roosevelt has asked for a relief fund of \$10,000,000.

EXPECT PROVINCE TO DRAFT HARD SURFAC- ING ROAD PLANS

Confidence of a substantial hard surfacing program being adopted in Alberta this year has been expressed in various quarters. When the estimates of the provincial department of public works are brought down at the forthcoming session of the house, it is believed that there will be provision for hard surfacing of stretches of the main tourist route.

Pioneers in the fight for hard surfaced roads, officials of the Alberta Motor Association point out that the growing volume of motor travel through Alberta warrants the adoption of hard surfacing on a greatly expanded scale.

Even if no more than 100 miles of the main highways are rebuilt and given hard surfacing it will be a step in the right direction. It also is a demonstration of the department's belief that this type of work is essential.

Long has Alberta listened to the claim that U.S. tourists, after having travelled for days over fine highways, turn back rather than expose their cars to the hazards of motorroving over some of the highways in this province.

All these reports can be met and disposed of by Alberta taking the initiative and boldly announcing that under a five-year road improvement program a substantial part will be completed this year, in the opinion of A. M. A. officials.

Great lure of western Canada is the national parks in Alberta. Given good highways tourists will pour in and the province will benefit through increased returns from the gasoline tax for instance, while private business will cash in on the greater volume of sales.

The Raymond Recorder

S. I. MAY Editor.

Published Every Thursday
Non-political, Partisan only in
the interests of Raymond
and district
Advertising rates on application
— [] —
FREE PUBLICITY

We sometimes wonder if the people who ask for free advertising or this that and the other, really think that they are asking us for the stuff we make our living on, space. You would not think of asking your grocery man to give you free sugar and beans simply because you bought your sack of flour there. The barber lives on long hair and whiskers, and you don't ask him to throw in a shave for good measure when you order a hair cut. The blacksmith lives from the breaks and worn parts of your farm machinery and vehicles, and the garage man lives off your car repairs and the unweaned gas tank at the rear of your car.

You don't ask these men for their service and parts FREE, then why the printer? It takes a lot of advertising to make a

paper pay, and when one starts giving space away he is merely heading for the poor house that much quicker. True it is we give away some space. We are here to help build up Raymond and the district. Organizations working for the advancement of the district we want to help; but when anything is run for making money, then it is only fair that if it is advertised—and of course it should be—then the advertising should be paid for.

There is another habit that effects nearly every business and trade in town. In street terms it is "chiseling." We see windows filled with lists of stuff for sale, trade, etc. We don't know what response they get but we do know that Want ads. placed in our columns are read, and GET results,—as hundreds of advertisers will tell you. As a rule people don't go up the street looking for advertisements to read. They look for these in their newspapers, or that is where they rightly belong.

We know that there are people who will tell you that advertising does not pay. Well, all we have to say in answer to this is that the success of all the big concerns in America is because of a sane and steady program of advertising. Check over the supplies in your cupboard, and see how many of them you ask for at the gro-

cer's, almost unconsciously, because of advertising. You say it does not pay, then explain the rapid spread of cigarette smoking amongst women. It would have taken years and years to popularize this idea were it not for the advertisements in newspapers, over the radio and on signboards. It proves that not only the good things in life, but also those not so good may be popularized and made to sell by the power of advertising.

We could use a lot of space in writing on this subject. Possibly we have said enough. We hope none will be offended at what we have said. We hate to say no, but to give away our advertising space is to play unfair to those who are loyal enough to support us, and whose loyalty enables the district to have a home town paper.

CRIME HOT OFF THE PRESS

"I'd been reading about the Mattson case out West and I thought I'd be able to get some money so I could travel around the world." So said Austin Ryan, a sixteen-year-old high school student in Mount Vernon, N.Y., for trying to get \$10,000 "ransom" from the father of his school chum who disappeared some days ago. Apparently young Ryan knew nothing of his friend's whereabouts, but hoped to "get a thrill" from imitating the "snatch racketeers" he had been reading about in lurid news accounts of the Tacoma kidnapping.

Here was a boy who had read and thought so much about a crime that thought had to be put into action. What can be done to lessen such thinking and consequent action? Of course, resistance to such a mental strain must rest ultimately with the individual. Yet society recognizes today an obligation to remove recognized causes of crime that come from a criminal environment. It seeks to segregate youthful offenders from hardened criminals. It strives to ameliorate extreme poverty and indecent living conditions in slums. And physically it guards youth particularly from contagion.

But what of the environment of yellow journalism, and crime via radio? What of the mental contagion carried into the best of homes and neighborhoods by a crime-mongering press? How many impressionable youths live a part of their days in an environment of crime tales? (We do not call them news, for they are largely fictional embroidery of the sordid facts, sensationalized for purposes of sale and passing away beyond the need for intelligent information.)

There is a question about what kind of quarantine can be put on such contagion by society. It is difficult to see how the evil effects of such an encroaching environment can be lessened by law. But public opinion—if it has not become too insensitive to feel the insidious threat to right thinking and right living that such reading material carries—can definitely show its disapproval. To start with, the individual can improve his mental environment. He can turn to cleaner and more satisfying thought food.—Christian Science Monitor.

THE WORLD OF WHEAT

By H. G. L. Strange
Director "Crop Testing Plan"

Dr. William Saunders was a Horticulturist; his son, Dr. Percy Saunders, was a Professor of Chemistry. Another son, Dr. C. W. Saunders (now Sir Charles), was a Scientist, an instructor in music and voice culture, and a masterly player on the flute. Out of the genius contained in these remarkable personalities came Marquis wheat, which during the past twenty-five years, has been seeded probably on a larger acreage than any other Spring wheat variety known.

Dr. William conceived the need for an earlier variety than Red Fife. He imported breeding stocks from many parts of the world. Dr. Percy, in 1892, made the crosses of Red Fife and Hard Red Calcutta, and Dr. Charles, in 1904, made the final selection which resulted in Marquis.

Dr. L. H. Newman, in 1912, selected for Dr. Seager Wheeler at Rosthern, Sask., an improved Marquis head, which multiplied

under Wheeler's skilful eyes and hands, became the famous 10-B strain, from which springs probably 90 per cent of all Registered Marquis.

Marquis once occupied about 90 per cent of the wheat acreage of Western Canada. Today it still occupies nearly 60 per cent. It is still the "King of Wheats", and should be seeded in preference to any other variety where it gives satisfactory returns.

Following factors have tended to raise prices: Britain contemplates building up reserve wheat stocks; U.S. farm stocks of wheat and corn on Jan. 1st were the smallest in eleven years; German Government demands increased grain deliveries and prohibits wheat and rye feeding to livestock; — Italy, Greece, Holland, Belgium and Germany have bought large quantities of Argentina wheat.

Following factors have tended to lower prices: Clear weather in Argentina favors movement of small grains and promotes growth of corn — Australian weather favors crop movement. — Plan under consideration to increase British-grown wheat — Large Argentine shipments ensure English millers of sufficient wheat for considerable period.

Subscribe to the Recorder

Proof—if it's needed — that liquor and gambling tend to go hand in hand is found in some frank statements by proponents of legalized gambling in Wyoming. They argue, for example, that as drinking and gambling depend on the same field or market, and inasmuch as liquor is now legal, gambling might as well have the sanction of the law.

HOME IMPROVEMENT PLAN LOANS NEAR MILLION DOLLARS

2,640 LOANS ARE ISSUED UNDER GOVERNMENT SCHEME

Ottawa, Jan. 20—In the first six weeks of operation nearly \$1,000,000 has been loaned under the home improvement plan, Finance Minister Dunning announced Wednesday. From Nov. 2 to Dec. 15 loans numbered 260 and the total amount was \$993,985.

The plan is operated through co-operation between the government and the bank. It provides an opportunity for the home owner to borrow money at low rates to carry out additions

J. S. Madill

Physician & Surgeon
PHONE 66 Raymond



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Res. Phone 33
Fred Ralph

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Special Prices on Quantity Lots.

RALPH BROS. Transfer

and improvements to his property. The government guarantees the banks 15 per cent of the loss or an aggregate of \$50,000,000.

The number of loans and amounts lent by provinces is as follows: Prince-Edward Island 26, \$9,773; Nova Scotia 279, \$88,047; New Brunswick 154, \$47,035; Quebec 431, \$218,344; Ontario 977, \$351,859; Manitoba 104, \$37,603; Saskatchewan 78, \$25,482; Alberta 227, \$97,804; and British Columbia 364, \$118,303.

Several parties have been held lately, honoring Mrs. F. Wight, who will leave shortly to make her home in Coutts where Mr. Wight has a position as Chief Engineer at the B. A. Oil refinery.

Insurance

Agent for CANADA LIFE
ASSURANCE CO.
Also several good Fire Insurance Companies.

SAFETY IS BETTER
THAN SORROW

J. H. Walker

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ACQUAINTANCES

VELV'S BARBER SHOP

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IMPERIAL OIL AGENT
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Maple Leaf Bakery

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SPECIALS

DINNER ROLLS, doz. 15c.
FINGER ROLLS, doz. 15c.
PATTY SHELLS, doz. 30c.

HALL'S BARBER SHOP POPULAR PRICES SATISFACTORY SERVICE CALL IN FOR A SMOOTH SHAVE

The Lethbridge
Memorial Funeral
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H. J. FLOCK, Manager
Raymond Representative
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PHONE 24 Day or Night
"Service is Love in Action"

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FOSTER
Has Returned to
LETHBRIDGE
for the FALL SEASON
She will give
TEA CUP READING
and PALM READING
AFTERNOON and
EVENING
Commencing today at the
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NOTICE To All Dog Owners

All owners of dogs in the Town of Raymond are hereby notified that Taxes on said Dogs are now due, and are payable immediately.

No further notice will be given and all unlicensed dogs found running at large will be destroyed.

E. S. Hawk,
Chief of Police.

Good Faith—and a Good Name!

Money—the financial resources of small investors—was loaned Alberta in good faith, and at a time when the province needed help. Shall we break faith with these, our fellow-citizens? Shall we not rather preserve our good name of being "square shooters"? Shall we not rather build up than break down the integrity and honesty which are, without doubt, the best policy?

Alberta is a great province, with wonderful natural resources. The development of these resources offers a bright future. This outlook has been hampered by ill-conceived legislation aimed to "soak the rich" but which in reality hurts the little fellows.

A prominent Canadian, who, by the way, is a successful Western farmer, declared that the drastic steps recently taken by the Alberta Government had, quite naturally, destroyed public and, to a certain extent, private credit; but he felt that the native common sense and judgment of the vast majority of Albertans would assert itself because they know that financial integrity and financial honesty are always the best policy.

This statement is one of a series written by The Mortgage Loans Association of the Province of Alberta. The Association is composed of 34 member companies. It represents hundreds of thousands of small investments by typical Canadians. Its loans to citizens of Alberta amount to some forty-five million dollars.

(The sixth statement in this series will be published in two weeks)

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CENTRE STREET 7th FLOOR
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Raymond Recorder

EXPERIMENTAL STATION, LETHBRIDGE

WEEKLY LETTER
WINTER CARE OF
BROOD MARES

It is estimated that only about 60 per cent of the mares bred each year produce living foals and while this condition cannot be attributed to any single cause it is certain that the lack of proper care of the pregnant mare is one of the important reasons for this low percentage of foals produced. Further, it may be safely stated that a fair proportion of the unsoundnesses which appear in young horses may be attributed directly to either accidents or lack of proper nutrition while the foal was still in the dam's body.

Breeding the working mare places a double duty on her and consequently it is only right that she should receive something better in the way of feed and care than the farm gelding. Moreover, since a in-foal mare promises to provide two sources of income, farm power and a colt, she is likely to return greater dividends for any extra feed and attention spent on her than will the other draft animals on the farm. This does not mean that the pregnant mare should be pampered by over feeding and lack of exercise. On the contrary, the mare will be healthier, parturition easier, and the foal stronger at birth if she is used on slow light work nearly every day. Heavy work requiring strain or causing excitement is better left entirely to openmares or geldings.

Since she requires feed both for the maintenance of her own body and for the development of the fetus, the in-foal mare should receive something more than a bare maintenance ration. At the same time the quality of the ration is just as important as the quantity. The demands of the fetus are particularly heavy for protein to be

used in the development of muscle tissue and for mineral, notably calcium and phosphorus for the development of bone.

Legume hay fed either alone or mixed with a grass hay, or even with a small amount of straw, makes a good roughage ration for brood mares. If the mares are idle a liberal allowance of high quality roughage alone will usually be sufficient to keep them in good condition, but if they are at work or for any reason do not appear thrifty an effort should be made to feed some grain. Oats is perhaps the best single grain for horses. It is safe, light, palatable, and fairly well balanced. Twenty-five per cent of wheat bran included in the grain ration has a beneficial regulatory and conditioning effect.

At this Station pregnant mares have access to a mixture of 20 per cent of monocalcium phosphate and 80 per cent salt in a mineral box. The inclusion of 20 per cent of monocalcium phosphate with the salt is a good method of insuring ample amounts of calcium and phosphorus for bone development are being supplied. Where there is any danger of iodine deficiency in the diet (and these areas are quite extensive in Alberta) pregnant mares should be fed iodine supplement. This may be supplied by dissolving one-quarter teaspoonful of potassium iodide in a small amount of warm water, and feeding this mixed with grain to each pregnant mare at intervals of two weeks from January 1 to foaling time.

T. C. McBeath was a passenger in the bi-plane who hit came here Sunday.

Hold up men in Calgary slugged a grocery store clerk late Saturday night and made off with \$646 in loot, made up of cash, cheques, relief slips and prosperity certificates. Police are investigating.

NOTICE !!

Attention to all who desire to take advantage of the Medical Contract.

You may now pay this in monthly instalments, by paying one-half the amount, \$9, when the Contract is signed and the balance before July 1st, 1937.

Enquire of the Mayor or the Secretary-Treasurer.

Medical Contract Committee.

THE WORLD'S GOOD NEWS

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BEEN BORN

HAD A BABY

CAUGHT COLD

BEEN GYPED

BEEN ROBBED

BEEN VISITING

BOUGHT A CAR

HAD COMPANY

BEEN MARRIED

BEEN COURTING

BEEN ARRESTED

LOST YOUR HAIR

GONE BUGHOUSE

STOLE ANYTHING

SOLD YOUR HOGS

BEEN IN A FIGHT

GONE TO CHURCH

CUT A NEW TOOTH

HAD AN OPERATION

BEEN SNAKE BITTEN

or plan anything at all
during

1937

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The Recorder

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☐ National Home Monthly 1 yr.	☐ Judge 1 yr.
☐ Canadian Magazine . 1 yr.	☐ Parents' Magazine . 1 yr.
☐ Chatelaine 1 yr.	☐ True Story 1 yr.
☐ Pictorial Review . . . 1 yr.	☐ Screenland 1 yr.
☐ Silver Screen 1 yr.	☐ House & Garden . . 6mo.
☐ American Boy 1 yr.	
☐ Parents' Magazine . - 6mo.	
☐ Can. Horticulture and Home Magazine . . . 1 yr.	

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One magazine from group 1
AND
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Three magazines from group 1 and this newspaper

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NAME

STREET OR R.R.

TOWN AND PROVINCE

Take Advantage of this Offer.
We don't know how long these
Bargains will be Offered

HEALTH

by
Dr. J. H. H. H.
A HEALTH SERVICE OF
THE CANADIAN MEDICAL
ASSOCIATION AND LIFE
INSURANCE COMPANIES
IN CANADA

PROTECTIVE FOODS

Why do we eat food? To appease hunger of course, but the real reason is that food when properly digested furnishes us with the various substances needed to keep the body working at the highest efficiency. The body is very much like a machine it needs fuel, or energy to keep it going, and it also needs other materials to repair and replace the wear and tear on it.

In order to supply all the various substances necessary to keep the human engine going and to replace the natural wear and tear, we should build up our meals around certain easily obtainable foods. Everyone should take a pint to a pint and a half of milk each day (children at least one and one-half pints.) including the amount used in the cooking, one egg, two vegetables besides potatoes, and some fresh fruit. Although this sounds simple, the reader may be surprised to find when looking back on what was eaten today, how far he came from reaching his goal.

Why has the reader not reached this goal? The most frequent fault is the eating of too much sugar. This does not necessarily mean sugar in its straight form, but as used in cooking, jams, marmalades, preserved fruits and other foods which contain a lot of sugar. Sugar is of value as a source of energy or heat, but it does not supply any proteins, minerals, vitamins or fats. All these food substances are necessary for good health. See therefore that you do not take too much sugar and thus crowd out some of the essential foods.

A second most common fault is the consumption of too much starch in a purified form, such as is found in white bread, cake, pastry and highly purified breakfast cereals. Again, one of the main values of these highly purified flours is to supply energy or heat, and these foods have a place in our dietary, but a careful survey has shown that we must guard against eating them to excess.

Excess consumption of either purified flours or sugars can be avoided if you build up your meals around one to one and a half pints of milk one egg, two vegetables besides potato, and raw fruit daily, and then after you have eaten these protective foods, eat what you like.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

BARGAIN
CENT-A-MILE
MILE
TO LETHBRIDGE
Round Trip Fare From
Raymond
55c.

Low fares from other Stations

GOOD GOING
JANUARY 28-30
Return Until
FEBRUARY 1

Good in Coaches only
No Baggage Checked

Apply Ticket Agent
Canadian Pacific

WANT ADS.

SEMI-MODERN HOUSE FOR QUICK SALE—Half block from Alberta Temple, on sidewalk. Good lot, Barn and other out-buildings. Price \$1,500. Apply at the Cardston Trading Co.

FOR SALE—Two Yorkshire brood sows to farrow in April, Yorkshire Boar. Registered and choice stock L. Brandley, Phone 149.

NEWS NOTES

O. H. Snow was kept at home Thursday and Friday with a bad cold.

Les Palmer's thermometer was 30 below at 8 a.m., Friday morning.

Gene Pierson and "Art" Garner were on the Wellington road with M.D. grader and "Cat" opening it for motor travel.

Get your Valentine paper at the Recorder Office. We have a very nice range of colors.

George Romeril is visiting in Utah, and if he can find employment there in his line, may remain and send for his family.

Mrs. John O'Brien is a patient in the Lethbridge Hospital, having been operated on early this week.

The sun on Wednesday morning had a nice bright ring all the way around it. Here's hoping it means some warm weather.

The measles, mumps and flu still are prevalent in the town, and school attendance in some of the grades is cut into rather badly.

The wind was very gusty Monday, blowing very strongly two or three times, but generally only mild breezes with a little melting prevailed.

The Executive of the Ratepayers Association met Tuesday night and discussed Town matters and possible candidates for Council and School Board.

When an ice jam occurred in the Bow River near Canmore, Alberta, the jam was dynamited to release the water and relieve the flood danger.

A snow plow powered by two locomotives was here Sunday having come from the Cardston and Glenwood area after bucking snow up that way.

The drifting snow has helped solve the unemployment problem, the C.P.R. having as high as 100 men shovelling snow off its Lethbridge district lines.

Frank Taylor had car trouble Wednesday noon and Rulo Dahl pulled the car with his team for a short distance to get it started.

Walter and Paul Fairbanks left by train Monday morning from Stirling for California. Walt hopes to get work there and Paul is going to visit with his sisters who live there.

The Stake Green and Gold Ball is being held in the Opera House tonight. A dancing program will precede the regular dance, where a number of M. A. dances will be shown.

The "M" Men Basketball game, Tuesday night between Raymond First and Stirling, was won by Raymond, the score 22-33. Stirling made the trip in sleighs.

Basketball Team managers, if you get a bunch of undated doggers now, you can advertise all your games at very small cost per game. Come in and let us explain. The Recorder.

Katherine Bennett who is in Salt Lake City, tells of real winter weather, with 30 below zero weather at Mt. Pleasant, D. A. Bennett's home town, which D. A. says is very unusual, in fact practically unknown.

PRINTS
FOR
Spring
are Arriving
Call & See Them
Brewerton's Limited

Val'tine PAPER
9 New Shades
to Choose From, and the
Complete Stock Is
Absolutely Fresh
The Raymond Recorder

A light snow fall and drifting Tuesday night made it necessary to go over the Financial Statement and consider a few matters that needed attention.

In Mexico they rip up streets for silver ore. In American cities you would think they do it for people to watch them doing it.

The Japanese Government was forced to resign Saturday in the plane Wednesday morning and it caused concern in all the nations of the world, especially in view of conditions existing now between China and Japan.

Dr. Madill went to Lethbridge in the plane Wednesday morning to perform a couple of operations at the Hospital there. The patients went over on the train earlier in the week.

.. NOTICE ..

Nomination Day is
Monday, Feb. 1, 1937
at the Town Hall, Raymond
from the hour of
11 a.m. until 12 Noon

There are Four Vacancies on the Town Council to fill, including the Mayor, and Two Trustees to be Nominated.

Chas. E. Fawns,
Returning Officer.